

# HARITHA

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VILLAS+SPA

## **HARITHA VILLAS + SPA**

### Spa Ayurveda Menu

Ayurveda means the science of life, and this ancient science has its historic roots in the Indian subcontinent. Ayurveda tradition in Sri Lanka has been developed through a series of secret prescriptions handed down from generation to generation for over 5,000 years. Sri Lanka is also known to be the first country in the world to have established a dedicated hospital with the capability of performing surgeries.

Ayurveda is based on the theory that health and wellness depend on a delicate balance between the mind, body, and soul. Individualized treatments focus on restoring the balance between the mind and the body to enjoy optimum health.

Our in-house Ayurveda doctor will customize the treatments to your individual needs following a professional consultation. Specially trained therapists will carry out the treatments and the Ayurveda chef will prepare the special Ayurveda diet.

The philosophy of Ayurveda is all about living in harmony with nature, and at Haritha Ayurvedic Spa, nature is at the heart of all our wellness journeys.

Surrounded by lush green woodlands with an abundance of healing plants, Haritha offers the ultimate escape from the hustle of everyday life. Ayurvedic healing and beauty culture uses the freshly handpicked plants, from brambles to tall trees, from roots to blossoms in blending its miraculous herbal remedies.

At Haritha, you can immerse yourself in the tropical island life right away. Let the tranquillity offer you a respite from stress and burnout in your daily routine. Come retreat to Haritha, embark on your wellness journey and experience the bliss of luxurious isolation.

*Sri Lanka at its most stylish!*

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### Spa Ayurveda Menu(Continued)

#### **Ayurveda consultation**

60 mins/ 90 mins

Before beginning your Ayurvedic wellness journey, it is important to identify your body constitution (Prakriti) by analyzing the level of your physical, mental and emotional wellness. At this stage, any imbalances will also be identified. Then the wellness treatments most suitable for your body constitution will be recommended by the physician.

#### **Haritha Spa Signature Ceylon Retreat**

140 mins - 170\$

Throughout the history of time, Sri Lanka was enshrouded in mystery. This led to ancient explorers and poets alike to believe it was the ultimate paradise. At Haritha, we have blended the magical herbal plants and timeless wellness practices to bring you the ultimate pleasure of the island's finest elixirs. Experience refreshing relaxation with a heavenly foot ritual, followed by an ubtan pack to nourish and purify your skin. Indulge in an Ayurvedic massage to restore the vital energy flow within the body and experience the waves of joy spreading from head to toe. Surrender yourself to a facial massage that will leave your skin young, supple and radiant.

#### **Abyanga**

60 mins - 85\$/ 120 mins - 120\$

A full body massage incorporating selected oils by the in-house doctor and specialized massage strokes directed at healing, Abhyanga moves 'Prana' (vital life force energy) within the body, thereby nourishing and revitalizing all body organs and removing body aches & pains while providing for general rejuvenation. This healing massage detoxifies your whole body by stimulating both arterial and lymphatic circulation.

#### **Ayurveda head neck and shoulder massage**

30 mins - 40\$/ 45 mins - 80\$

Traditional Ayurveda head, neck and shoulder massage using especially selected herbal oils provides you the ultimate relaxation and energizing. By combining a series of massage strokes and pressure point techniques, the massage relieves insomnia, headache, migraines and sinusitis by relieving the tension in the head and the neck and prevents premature graying.

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Prices are in USD, exclusive 10% Service Charge and Applicable Government taxes.

## **HARITHA VILLAS + SPA**

### Spa Ayurveda Menu(Continued)

#### **Ayurveda Foot massage**

30 mins - 40\$/ 60 mins - 70\$

This soothing foot massage uses warm herbal oils and specific massage strokes, combining expert movements of hands and thumbs to stimulate upper body organs to bring relaxation and healing to your whole body. It also prevents acute pain, numbness and fatigue of the body.

#### **Udvarthana**

60 mins - 85\$

The ideal treatment for reducing the cellulite and body weight, Udvarthana combines gentle massage strokes with dry herbal powders to burn the subcutaneous fat in your body through a series of upward strokes.

#### **Herbal inhalation**

20 mins - 30\$

This refreshing blend of fresh herbs, carefully mix with just the right amount of eucalyptus oil, will relieve you from cough, cold or congested nose. The herbal blend works its antibacterial, antifungal, antimicrobial, antiviral, anti-inflammatory and decongestant properties to ease your breath and restore the natural rhythm.

#### **Ayurveda facial**

75 mins - 65\$

The philosophy of Ayurveda believes that good health is the key to true beauty. With this philosophy in mind, we at Haritha crafted the perfect facial to soothe, rejuvenate and hydrate your face to glow like a freshly blossomed rose. The herbal ingredients will gently cleanse and tone the delicate skin on your face to give it a radiant glow. While the foot massage is designed to spread the subtle waves of calmness through your body for ultimate relaxation.

#### **Ayurveda beauty pack**

90 mins - 170\$

At Haritha, our beauty packs bring together the goodness of all-natural herbal powders to blend our beautifying ubtans. For centuries, ubtans was used by the South Asian beauties to maintain flawless skin. The herbal powders work to detoxify the skin while exfoliating and gently cleansing the skin of its impurities, including dead skin and sebum. Rejuvenating herbal oils are then gently massaged to the skin to restore the moisture to leave the skin silky smooth and supple.

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### Spa Ayurveda Menu(Continued)

#### **Shirodhara**

90 mins - 185\$

This restorative therapy derives its name from Sanskrit words, shira 'head' and dhara 'flow'. After a full body Abhyanga, a continuous stream of warm herbal oil is gently poured on the forehead to nourish the central nervous system, bringing that blissful calm in mind and body you always desired. Shirodhara will take you to higher destinations in your wellness journey, with the added benefit of improved memory functions relieving stress and anxiety, improving sleep, and pacifying doshas.

#### **Pindasweda Full body**

90 mins - 140\$

#### **Pindasweda Back, Neck and Shoulder**

45 mins - 120\$

This age-old Ayurvedic treatment applies warm therapeutic oil on your body and massages using specialized Ayurvedic techniques. Then, compression is applied to the neuromuscular system using warm herbal packs. It relieves muscular stiffness, fatigue and stress, and improves blood circulation to leave you relaxed and rejuvenated.

#### **Jet Lag Relief**

60 mins - 85\$

Get rid of that jet lag and experience the paradise isle right away by treating yourself to an energizing foot and head massage on your arrival day.

#### **Anti-cellulite package**

(1, 2 or 3 days) 90 mins - 140\$

This miracle treatment combines Udarvathana powder massage with a steam or medicated herbal bath to help you get rid of cellulite for good. The powder massage and herbal/steam bath will work together to break down the cellulite to flush them out from your body. For better results, it is recommended that you repeat the treatment.

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## HARITHA VILLAS + SPA

Spa Ayurveda Menu(Continued)

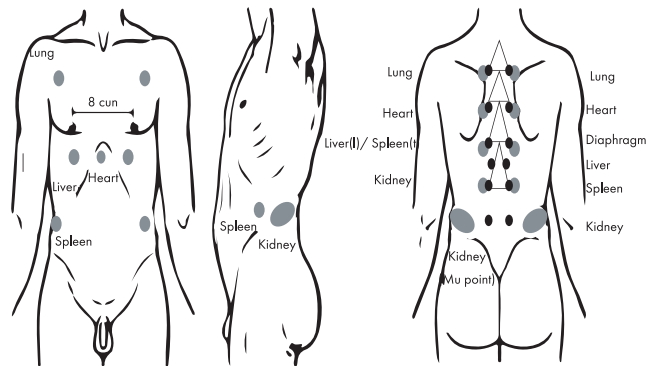
### Acupuncture

30 mins - 45\$

Acupuncture is a form of an alternative medicine. It was originated around 100BC in China. This is a main component in Chinese traditional medicine. Acupuncture spread first to Korea in 6th century AD, then to Japan through medical missionaries and then to Europe beginning with France.

Acupuncture literally means to puncture with a needle. It is a form of treatment that involves inserting very thin needles through a person's skin at specific points on the body to various depths. Acupuncture believes that energy flows within the human body and this energy can be channelized to create balance. This flow is called "qi" and pronounced "chee". These channels are called meridians. Meridians are accessible through 350 acupuncture points in the body. Inserting needles in to these points with appropriate combinations is said to bring the energy flow back in to proper balance.

Currently, acupuncture has become the most popular treatment in alternative medicine all over the world. This treatment is used for the wellbeing and cure of diseases. Acupuncture aids for conditions such as; Lower back pain, neck pain, headaches, migraine, sciatica, obesity, different gastric conditions, osteoarthritis, sleeping problems, etc.



Acupuncture Points in the Human Body

The meridian lines in picture connect to the major organs of the body. Acupuncture and massage on strategic points the meridian zones can improve health.

**At Haritha, this traditional Chinese treatment is professionally offered by our Spa doctor, Dr. Chamila; A generic treatment is recommended for a guest, or specific treatments on body will be followed by a thorough examination and medical consultation.**

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## **HARITHA VILLAS + SPA**

### Spa Ayurveda Menu(Continued)

#### Acupuncture Treatments

- Neck and Shoulder tension Releasing Treatment
- Back Tension Releasing Treatment
- Migraine/ Headache Treatment
- Mental Relaxation Treatment
- Weight Loss Treatment

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